

Curriculum Vitae of Samar Shatta, M.C.P, R.C.C.

Ph. 604 - 260 - 4661

www.wellinstitute.com

samar@wellinstitute.com

EDUCATION

- 2012 The Adler School of Professional Psychology
Masters in Counselling Psychology
- 2020 Barret Value Systems Leadership Coaching Certification
- 2017 HEC Paris School of Management
Inspirational Leadership: Leading with Sense Specialization certification
- 2015 Divorce Coach Certification
Collaborative Divorce of BC
- 2014 Imagine A Woman Life Coaching Institute
Imagine A Woman Life Coaching Diploma
- 2006 Canadian Training Center of Human Development, Montreal
Certified Corporate Trainer (CCT)
- 2005 The American University in Cairo
Bachelor of Arts Degree in Psychology

PUBLICATIONS

- Whoolery, M., Kotb, H., Iskander, A., Saydein, M., Wissa, A., Shata, S., & Farnawany, S. (2006). The best of both worlds: The work/family dilemma for female Arab students. In Contemporary Issues in Higher Education in Egypt. Cairo, Egypt: American University in Cairo Press

WORK EXPERIENCE

2018 – Present

**Adler University
Adjacent Faculty**

- Teaching Multicultural counseling for Masters level clinical counselors.
- Discussing theories of oppression and cultural marginalization.
- Supporting students to demonstrate knowledge and behaviour that promotes diversity and inclusion in your professional identity
- Applying Multicultural Counselling Theory in the therapeutic process
- Teaching multicultural counselling competencies in the following areas:
 - o Active awareness of personal assumptions, values, biases, and blind spots
 - o Active awareness of client cultural identities and worldviews
 - o Identification of strategies to developing culturally sensitive working alliance
- Teaching student to Identify and access culturally relevant community resources

2018 – Present

**Well Institute Psychotherapy and Leadership Coaching, Gastown, BC
*Founder and CEO***

- Created vision, mission, and personality of Well.
- Planned, and executed the launch of the company.
- Providing consultations for Entrepreneurs and professionals.
- Providing individual, couple, and group therapy for clients.
- Providing online therapy for women, Entrepreneurs, and couples
- Designing online courses based on Depth psychology, neuroplasticity, and total leadership principles.
- Designing and implementing workshops based on archetypal psychology.

2015 – 2018

Alyson Jones & Associates, West Vancouver, BC

Associate Counsellor/Private Practice

Providing individual, family, child, and adolescent therapy

- Collaborate with other professionals, such as lawyers and healthcare providers, giving clients' integrated support to maximize their growth.
- Specializing in parenting strategies and attachment.
- Specializing in separation and divorce issues as well as grief and loss issues.
- Parent Education, Workshop Facilitator, and Consultation.
- **Divorce and Separation Team** Therapist. Assist families as they go through the divorce process. Conduct Conflict Resolution, family therapy, child therapy and Mediation. Using a variety of approaches, all of which are focused on the best interests of the child.
- **Family Forward Program Team** Therapist. A member of the therapeutic team treatment approach program for parent-child reunification and high-conflict family situations, parental alienation, estrangement, and child-parent resistance and reintegration.
- **Writing reports for psychoeducational purposes for Judges.**
- **Child & Youth Team** Therapist. Providing counselling to children and youth, specializing in anxiety and depression. Assist children and youth in anxiety management by developing practical tools and health coping mechanisms. As part of this team, also provides Parent Education and assistance with family issues.

2016

Diversity Community Resources Society, BC
Clinical Counsellor -Group Facilitator- IKEO Project
(funded by United Way)

- Planned, and implemented group therapy for Syrian Refugees
- Supported Syrian Refugees in trauma management
- Evaluated groups based on settlement and integration themes

2015

Surrey Women Centre, BC
Board Member

- Provided Consultation for the executive director
- Supported the organization towards sustainable future by adopting ethical and legal governance and financial management policies

- Making sure the nonprofit has adequate resources to advance its mission

2014 - 2015

Unity Spiritual Centre
Group Facilitator – Clinical Counsellor

- Facilitated healing circles on Authentic Living, our Spiritual Practice, Women Sexuality, Meditation as a path of healing, Intimacy with Yourself, Sacred Messiness, Addictions as a way of enlightenment
- Supported one on one clients through emails, skype sessions, and face to face sessions

2013 - 2014

Vital Wellness Centre
Associate Counsellor

- Facilitated workshops on Stress management, High Voltage Spiritual Self Esteem
- Counselling Clients referred to the Clinic

2013 - 2014

Family Services of Greater Vancouver
Family Counsellor

- Assessed family functioning and needs
- Provided parent education for families with children
- Promoted learning, coaching, and behavioral modeling learning skills in promoting change in parents behavior
- Worked with clients dealing with addictions, trauma, anxiety, depression, eating disorders, self-esteem issues, bullying, domestic abuse and spiritual crisis
- Utilized a range of counseling skills to address parents level of personal functioning
- Counselling children, couples, teens, families, and individuals to achieve their goals
- Participated as part of a team in establishing contracts with clients around treatment goals
- Provided close supervision of interaction between parents and child at their home in selected times of the day to focus on problem solving certain behavior
- Provided information on child development, nutrition, safety, discipline, and home management
- Cooperated with other agencies who may be involved with clients e.g MCFD, and NGOs

- Provided support and guidance in accessing community resources and developing social networks
- Prepared written and verbal progress reports to families and their social workers

2013 - 2015

Surrey School District
District Community Counsellor

- Supported and Provided counseling for children and families dealing with different types of trauma, bullying, sexual and physical abuse through art therapy, play therapy, and family therapy
- Worked with parents who are struggling with addictions

2013

North Shore Family Services
Clinical Counsellor

- Supported and provided counseling for children, adolescents, and families dealing with severe trauma, sexual and physical abuse, depression, anxiety, and bullying

2013

Vancouver Coastal Health
Women Group Therapy Co-Facilitator

- Co- facilitated depression group for new immigrants
- Supported clients in after group debriefing

2012 – 2013

Crisis Counsellor
Volunteer

- Supported families in the grieving process of family members lost in revolution
- Provided trauma counseling to people who have lost body parts
- Facilitated psycho- educational groups about different topics

2012 – 2013

MTI Community College
Instructor for Child and Youth Care Worker Diploma

- Taught courses for CYCW students on sexual abuse, ethics, child development, violence in children, at risk youth, Multiculturalism, Counselling skills, different kinds of child abuse, mediation skills and Family and community relations
- Provided Counselling and psychological consultation for students

SAMAR SHATTA M.C.P, R.C.C.

- Incorporated experiential learning through role playing, meditation, and group discussion
- Participated in an ongoing meetings to provide the development of CYCW curriculum

2009 - 2010

North Shore Multicultural Society
Youth Support Worker and Educator

- Facilitated workshops on self-awareness, work ethics, communication skills, presentation skills, setting goals, stress management, stages of immigration, and action planning
- Conducted Parenting STEP groups at North Shore Family Services
- Planned, developed and Facilitated psycho- educational workshops for new immigrants and refugees
- Conducted intake interviews for the new participants
- Provided one on one case management and support for program participants
- Conducted one on one support for the girls as needed
- Supervised by North Shore Family Services

2008 - 2008

Vancouver Crisis Centre
Community Educator

- Earned 25 training hours on Public speaking
- Earned 42 training hours on Stress management, and Suicide prevention
- Facilitated workshops in Great Vancouver high schools on Stress management and Suicide prevention

PROFESSIONAL AFFILIATIONS

- B.C.A.C.C. Registered Clinical Counsellor #10222
- A.F.C.C. Association of Family and Conciliation Courts

PROFESSIONAL DEVELOPMENT

2020 Level One Brainspotting Trauma Training

2020	Expansion Training
2019	SSP Polyvagal Nerve Trauma training
2019	Singing Over the Bones Educational Facilitator Training, Archetypal and Cross Cultural Studies Institute. Dr. Clarissa Pinkola Estes
2018	Mindfulness and the Brain: Application to therapy, Online
2018	Advanced DBT skills for therapists
2017	Connections 5 Rhythms Dance training, Lumeria, Maui, Hawaii
2016	Managing Conflict: Root Causes, Psychology of Contract, and Empowerment
2016	Dance Therapy - Dance of Oneness, Hollyhock Centre, Curtis Island BC
2016	Assessments and Interventions: The Intersection of Family Law and Psychology
2016	His and Her Dance Training, Vancouver BC
2016	Heart Beat 5 Rhythms Dance Training, Vancouver BC
2015	Collaborative Divorce Coaching Training, Collaborative Divorce Society, Vancouver BC
2015	PYE Experiential Workshop training for Creative Facilitation, Vancouver BC
2014	Motivational Interviewing Level 1&2, UBC Life and Career Centre, Vancouver BC
2014	Satir Level 3 Leadership and Satir Model
2013	Play therapy Level 1 & 2, Justice Institute of BC, Vancouver BC
2013	Satir Level 1 Transformational Family and Couples therapy training, The Satir Institute of the Pacific, Surrey BC
2012	Sexuality Therapy Training, Dr Danial Duplaise, Adler University, Vancouver BC
2011	Cognitive Behavioral Therapy, Adler University, Vancouver BC
2010	Gestalt Therapy, Dr Bea Mackay and Associates, Vancouver BC
2006	7 Habits of Highly Effective Families, Stephen Covey

PRESENTATIONS AND WORKSHOPS

- Responding to High Conflict Family Disputes: Allegations, Alienation, and Abuse. Vancouver Police Department, Vancouver BC 2018
- Our Presence and Therapeutic Treatment, British Columbia Association of Clinical Counselor, Vancouver BC 2018
- The Presence of the Therapist, Alyson Jones and Associates, Vancouver BC 2017
- Overcoming The Trauma of Entrepreneurship boot camp, Alyson Jones and associates, Vancouver BC 2017
- Diving into the darkness of the Self – Dance Therapy, Sacred Space Kitsilano, 2016
- The Journey Home to yourself, Unity Spiritual Centre, Vancouver BC 2016

- Spiritual Self Esteem, Vital Health Kitsilano, Vancouver BC 2014
- The Dark side of yourself, Vital Health Kitsilano, Vancouver BC 2014
- One of 10 speakers chosen for TEDXGastownWomen - Destruction and Creation as a Day and Night of a Fearless life 2015
<http://www.ted.com/tedx/events/15587>
- The Feminine Energy Treasure Map 2015
<http://www.empowerhealth.ca/feminine-energy-treasure-map-samar-shata/>
- Marriage Mastery Series, American University in Cairo, Egypt 2015
- Accessing your Courage and Taming your Fear, Sufi Bookstore, Cairo Egypt 2015
- Finding your strength in times of fear and confusion – Pre Egyptian revolution session, The Counseling Unit of Psychological Development, Cairo, Egypt 2015